

*Morale, Welfare and Recreation
NAS Patuxent River, Maryland*

==EnergyZone==

Meredith Fielder - Manager

October 2004

- Group Exercise***
- Specialty Classes***

(301) 342-3648 or (301) 995-3869

MWR on the web:

***<http://www.ndw.navy.mil/MWR/Military/MWR.html>
or <https://icbm.navair.navy.mil/mwr/>***









Directions to the Energy Zone:

***From Gate 2 make a right at the first traffic light on Buse Road. Make
a left on Keane Road. The Energy Zone is across from
Mattapany Day Camp.***

Classes are open to all base personnel.

Group Exercise

Group exercise classes are held in Studio A unless specified. Cycling classes held in Studio C.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		STEP <i>Linette</i>		STEP <i>Linette</i>		
5:45 a.m.	 CYCLING <i>James</i>		 CYCLING <i>James</i>			
6:00 a.m.	STEP CHALLENGE <i>Linda</i>		PAX PUMP <i>Linette</i>		STEP CHALLENGE <i>Linda</i>	
8:00 a.m.						 CYCLING <i>Lynne</i>
9:00 a.m.	AQUA AEROBICS INTERVAL <i>Gwyn</i>		AQUA AEROBICS SHALLOW INTERVAL <i>Ana</i>		AQUA AEROBICS DEEP <i>Gwyn</i>	STEP <i>Barbara</i>
10:30 a.m.						AQUA AEROBICS INSTRUCTOR'S CHOICE <i>Ana</i>
11:30 a.m.	INTERVAL <i>Cindy</i>	PAX PUMP <i>Missy</i>	 CYCLING <i>Barbara</i> STEP CHALLENGE <i>Maria</i>	PAX PUMP <i>Maria</i>	STEP & BOSU <i>Darleen</i>	
4:30 p.m.	STEP & STRENGTH <i>Barbara</i>	CARDIO COMBO <i>Linda</i>	STEP & BOX <i>Cindy</i>	STEP & STRENGTH <i>Stacy</i>	<div> Energy Zone will be closed on Oct. 11 in observance of Columbus Day </div>	
4:45 p.m.	 CYCLING <i>Leigh</i>					
5:30 p.m.		AQUA AEROBICS INTERVAL <i>Gwyn</i>		AQUA AEROBICS DEPTH COMBO <i>Gwyn</i>		
5:45 p.m.	CARDIO COMBO <i>Stacey</i> <i>Studio B</i>	 CYCLING <i>Missy</i>	 PEDAL & PUMP <i>Leigh</i>	 CYCLING <i>James</i>		

Call for pricing.

The "First Class Free" program has been discontinued.

Class Descriptions

Group Cycling: Cross train by rotating through three stages of endurance, interval and strength sessions in order to gain overall fitness success.

Endurance: focuses on an aerobic foundation while increasing aerobic capacity and improves cycling efficiency.

Interval: focuses on personal performance by abruptly increasing and decreasing the heart rate by manipulating the intensity of the activity.

Strength: builds muscular strength and endurance of the cardiovascular system by keeping the resistance at a moderate to high level.

Basic cycling: involves instructional focus on form and technique. This class is perfect for beginners or cyclists looking to fine-tune riding form.

These four combined forms of cycling contribute to a well-rounded aerobic workout for all fitness levels.

Aqua Aerobics: Add variety to your workout - enjoy the benefits of both shallow and deep water in this cardiovascular workout. Classes are held at the Indoor Pool.

Depth Combo: Aqua aerobics in both shallow and deep water.

Interval: Aqua aerobics with varying degree of intensity in both shallow and deep water.

Shallow Interval: Aqua aerobics with varying degree of intensity in shallow water.

Deep: Aqua aerobics in deep water.

Cardio Combo: Cardio, Cardio, Cardio! Combine step and floor aerobics for a great cardiovascular workout. Beginner/Intermediate.

Interval: Challenge your aerobic capacity as you alternate aerobic and anaerobic intervals throughout class. Intermediate/Advanced.

Pax Pump: Increase your muscular strength with this weight-training workout. Uses weights, bands, bars, and body weight. Beginner/Intermediate.

Pedal and Pump: 30 minutes of strength training to increase muscular strength, followed by 30 minutes on the bike for your cardiovascular endurance. Intermediate/Advanced.

Step: Step into this high intensity, low impact cardiovascular class incorporating 4 to 6 inch stepping platforms. Beginner/Intermediate.

Step and BOSU: Get a cardiovascular workout with step aerobics, and challenge your core stability, balance, and coordination with the BOSU (training device featuring a flat platform on one side and an air bubble on the other.) Intermediate/Advanced.

Step and Box: Get a high intensity cardiovascular workout through step training, and add boxing maneuvers for body strength. Beginner/Intermediate.

Step Challenge: Challenge your cardiovascular system in this step class with a twist. Instructors will add a second step, use a variety of equipment, and/or calisthenics. Intermediate/Advanced.

Step and Pump: Increase both your cardiovascular endurance with step aerobics, and muscular strength with weight training all in one class. Beginner/Intermediates.

Step and Strength: Add strength training to your cardiovascular step workout! This class begins with Step, then moves to both upper and lower body strength work. Beginner/Intermediate.

October Giveaway

Come by the Energy Zone before October 28 to enter in this month's giveaway. *The October drawing will be for 2 tickets to the Nutcracker on November 27.*

All active-duty and retired military, DoD civilian employees, their family members, contractors, accompanied guests and other

eligible patrons may participate in the group exercise program. Group exercise classes are always free for active-duty and retired military members.

Congratulations to our winner in August, Cecilia Chandler, who won a 6 month aerobics pass.

Hatha Yoga



Level 1 ~ Studio A ~ Ann

Mondays, 5:45-7:15 p.m.
Oct. 18, 25, Nov. 1, 8, 15, 22, 29, Dec. 6

Wednesdays, 4:30-6 p.m.
Oct. 20, 27, Nov. 3, 10, 17, 24, Dec. 1, 8

Level 2 ~ Studio B ~ Ann

Tuesdays, 5:45-7:15 p.m.
Oct. 19, 26, Nov. 2, 9, 16, 23, 30, Dec. 7

Cost: Call for pricing

Can't attend an entire session?

DROP-IN CLASSES

Tuesdays

(yoga experience preferred)

11:45 a.m.-12:45 p.m.

Instructor: Ann or Lauri

Flow Drop-In

Studio B

Thursdays

(Gentle yoga - Beginners welcome!)

11:45 a.m.-12:45 p.m.

Instructor: Gina

Mixed Drop-In

Studio B

Call for pricing

Pass good for 4 months from date of purchase.

Register at the Recreation Office prior to the first class.

Tai Chi *with Russell Therrien*

Call for pricing

Beginner

Wed. 7:30-8:30 p.m.

**Oct. 6, 13, 20, 27, Nov. 3, 10, 17
and Dec. 1**

Studio B

**18-step Taiji Qigong form
Everyone Welcome!**

Intermediate

Tues. 7:30-8:30 p.m.

Oct. 5, 12, 19, 26, Nov. 2, 9, 16, 23

**24 step Yang Taiji form; should have
an understanding of Taiji basic
principles; have completed the
18-step class or done Tai Chi
recently (within the last year)**

Women's Self Defense

with Shannon Cooley



Call for pricing

Basic Self-Defense

Mon. 7-8:30 p.m.

**Oct. 18, 25, Nov. 1, 8, 15,
22, 29, Dec. 6**

Studio B

